

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

UNITED STATES DEPARTMENT OF AGRICULTURE
Washington, D. C.



July 5, 1943

1.9
H75m
Reserve

THE MARKET BASKET

by

Bureau of Human Nutrition and Home Economics, Agricultural Research Administration

TOMATOES—FROM VINE TO JAR

Beginner or old hand at canning... bride or mother of service men... the homemaker is putting up tomatoes this summer—partly because it's a war job she's taking in her stride, and partly because tomatoes are easy to can. They have a splendid red color and tangy flavor and a good amount of vitamin C, even after they're put up.

A vitamin C food in the storage closet this winter will be most welcome, especially if transportation difficulties should make citrus fruits hard to get. The body cannot store vitamin C, and it is necessary for that reason to get the daily requirement every day.

For the inexperienced, here's the "how" of tomato canning so that she will have more on her side than mere beginner's luck.

Even for the experienced canner—a few reminders may still serve well, for even the best memories slip now and then. Home economists of the Department of Agriculture offer these reminders.

SURVEY THE GROUND

For any type of canning, have instructions close at hand. A new Government folder, "Wartime Canning of Fruits and Vegetables" has just been issued by the Bureau of Human Nutrition and Home Economics. You can obtain a copy free from the Office of Information, U. S. Department of Agriculture.

Next on the list is to check canning equipment.

For tomatoes you need a boiling water bath canner. Any clean vessel will do, provided it has a good lid and is big enough to hold a convenient number of jars and deep enough to allow covering tops of jars with at least 1 or 2 inches of water.

Then you'll need a wood or wire rack that will fit into the canner to hold the jars off the bottom. You can make a rack of wood that will do nicely.

Check over your jars and jar closures. Use only sound jars. No nicks or cracks.

Some of this year's caps are rubber-savers and metal-savers, made in two or three pieces. One of the two-piece caps is a metal screw band and a metal disk with rubber "made on." Be sure that your closures give an airtight seal. Know the type of closure that you have, for some of them are completely sealed before the food is processed, and some are only partially sealed and completed after processing. Unless you follow correct method of sealing, you run the risk of spoiling your canned food.

Tongs are useful if you have them and so is a wire basket or colander for scalding tomatoes.

You'll want a funnel. A measuring spoon for measuring salt. A ladle or cup. Three containers, one for sterilizing the jars and caps, one for dipping the tomatoes to loosen skins, and one for precooking them.

Have plenty of clean cloths on hand.

VINE TO JAR

Home-grown tomatoes are best for canning—fine if you can get them from your Victory Garden, but good, too, if they come from a garden or farm nearby.

Budget your time so that you'll be ready to can as soon as you get the tomatoes. If the unexpected happens and you have to delay canning, keep the tomatoes cool and well ventilated while they wait.

If you are canning tomatoes from your Victory Garden, don't hold part of them while you wait for more to ripen. Can in small amounts when each batch of tomatoes is at its best and fit the job into your daily routine.

WHERE TO START

Wash everything clean in hot suds—jars, caps, rubbers, kettles, utensils.

Then place jars, tops, and rubber jar rings in a pan of warm water with a rack or cloth in the bottom to prevent bumping of the jars. Bring water to boiling shortly before time to fill the jars so that all equipment will be hot and sterilized when needed... but don't boil metal disks with rubber compound made on them. Dip the disks quickly into hot water just before sealing the jars.

FIRST STEP

Now for the tomatoes. Sort for size and ripeness. Tomatoes of about the same size will cook more evenly. Use only firm, ripe tomatoes, remembering that "one spot of rot" can spoil the whole batch.

A bushel of tomatoes will give 15 to 20 quarts of canned food. Two and one-half to three and one-half pounds—about eight to ten tomatoes—will give one quart.

To keep most of the vitamins, prepare the tomatoes in small batches, enough to fill the jars for one canner load.

Wash the tomatoes clean but don't soak them, and handle carefully so as not to bruise. Put the tomatoes into a wire basket, a thin cloth, or a colander, and dip them quickly into boiling water for about one minute. Plunge them into cold water for an instant. Then drain, core, and peel them promptly.

PACK HOT

Use the hot pack method. That is, precook the tomatoes to drive some air out of the tissues, shrink the food so that you can pack more economically, and shorten the time for processing in the canner.

Whole tomatoes have eye appeal in the jar, but in these days jar space is needed space. So quarter your tomatoes to pack more in each jar.

Put them—quartered—in a kettle, ~~pour boiling water over them~~, and bring to a boil. Pack them hot into hot jars, using a funnel and a ladle or cup. Ease a knife blade down into the jar to let out air bubbles. Fill the jar with solids and juice to one-half inch of the top. Add one teaspoon of salt to each quart.

Seal the jar. If you are using a metal disk with the rubber "made on," seal the jar completely at this time. If you are using a lightning type jar, close the top clamp, but leave the side clamp up. Or if you have the screw type with jar rings, tighten the band and then screw it back one-quarter inch.

Put the jars into the canner with water at least one or two inches above the tops of the jars and keep the water boiling for ten minutes. Count time from the moment the water begins to boil. This is known as the processing time and is necessary to kill bacteria that would cause food to spoil.

Process the tomatoes one minute more for each thousand feet of elevation above seal level. For example, at an elevation of two thousand feet, process the tomatoes for 12 minutes.

When processing time is up, lift the jars out with tongs if you have them, or dip out some of the hot water with a cup and then lift out the jars. Completely seal jars that were only partially sealed before processing. Don't try to tighten those that were completely sealed before, or you may loosen the seal and let air into the jar.

Place jars on cloth or paper away from a draft to cool.

—And there you have your tomatoes, still bright red, and neatly packed against the winter ahead.

A WORD TO THE WISE

Don't use a pressure canner for tomatoes. The high temperature of steam under pressure overcooks tomatoes and robs them of their fresh tart flavor and bright red color.

And for you^{who} have canned, summer upon summer, one word more: Be sure your canning tips are up-to-date and then share your experience with those who need it.

Reserve

UNITED STATES DEPARTMENT OF AGRICULTURE
Washington, D. C.

July 6, 1943

THE MARKET BASKET

by

Bureau of Human Nutrition and Home Economics, Agricultural Research Administration

LIBRARY
CURRENT SERIAL RECORD

JUL 29 1943

U. S. DEPARTMENT OF AGRICULTURE

NOTE TO THE EDITORS

In the weeks ahead, interest in preserving surplus food from Victory Gardens and farm gardens will be at its height. Many families are now exploring possibilities of drying food.

Here are directions for two types of home drying, using the simplest kind of equipment.

One is a step-by-step account of how to get ready for oven-drying, and how to follow through until food is dried and packaged to go on the shelf. The directions are based mainly on information from the laboratories of the Bureau of Human Nutrition and Home Economics.

The other is a set of directions for building an inexpensive cabinet to dry fruits and vegetables over a kitchen range burning coal, wood, or liquid fuel. It also offers an alternate way — instead of oven drying — for using a gas range to dry food. Prefacing the directions is a page of information to help readers decide whether this type of drier meets the family requirements.

- - N - -

TO
0

PRINTED
AT

UNITED STATES DEPARTMENT OF AGRICULTURE
Washington, D. C.

July 8, 1943

THE MARKET BASKET

by

Bureau of Human Nutrition and Home Economics, Agricultural Research Administration

RESPECT YOUR CORDS AND PLUGS

Electric cords and plugs — like all good workers — will work better and longer if understood and treated with respect.

To make your cords last through these days of scarcity, home economists of the U. S. Department of Agriculture, recommend that you treat them with care both when they are "on duty" and "off duty".

ON DUTY

While the electric cord is "on duty" be careful about connecting and disconnecting the plugs to prevent unnecessary wear.

If you have a switch at the outlet, turn it to "off" before you connect any equipment. Otherwise you may have a sparking between the metal prongs and plug which will slowly destroy the terminals.

When you make or break a connection, it is better to do so at the wall outlet and then at the appliance.

To disconnect the cord, grasp the plug, not the cord, pull straight, and if the plug should stick, rock it gently from side to side as you pull to loosen one connection at a time. Never yank the cord or kink or twist it.

Watch the plugs, too, so as not to hit them against hard objects.

Don't get the cord wet. If, however, it should by accident become soaked with water, be sure not to handle a connected cord with your bare hands. Use a thick pad of dry paper to prevent shock. Water, electricity, and the human body are too often a fatal combination. Don't even handle a dry connected cord with wet hands. It just isn't safe.

OFF DUTY

When your cord is "off duty" hand it over large round wooden pegs or two or more metal hooks. If you have no convenient place for hooks or pegs, coil the cord loosely, keeping it free from kinks, knots, or sharp bends and store it in a cool, dry, clean place.

If you put cords in a drawer, be sure that nothing else is there which will destroy the cord covering. Rubber-covered cords last longer in the dark, so keep them away from heat and light when they are not working.

Don't hide a cord where it will be stepped on or pushed against, and don't nail it to the wall.

EXTENSION CORDS

Now that scarcity of labor and materials has limited the number of new wall outlets, homemakers may have to use extension cords more widely. But use them with caution, the home economists warn.

Inspect the cords from time to time to be sure the insulation has not cracked, frayed, or worn thin.

If you run the cord for any distance around the room, attach it to the base-board with rubber or fiber insulated fastenings. Run it around the door casings rather than across a doorway. Never run an extension cord over steam or hot-water pipes or over hot-air registers.

LIFE EXPECTANCY OF CORDS

Some cords are originally made for longer life than others. The Underwriters' Laboratories, Inc., a non-profit organization, makes tests for safety and strength of various types of electric cords upon the request of the manufacturers. Cords are ringed with colored bands and range from gold which means an extra long life through red (durable) and blue (little bending) to yellow, a cord that can withstand even less bending than the blue and is used mainly on lamps.

MAKE SIMPLE REPAIRS

You may further increase the life span of your cords if you know how to make new connections between plug and cord and how to replace frayed or worn coverings. Treadbare insulation is a danger signal, for exposed wires can cause a short circuit, fire, or serious shock.

Steps in making simple repairs are included with other pointers in a folder entitled "How to Make Your Electric Cords Last Longer," issued by the Bureau of Human Nutrition and Home Economics of the U. S. Department of Agriculture. You may get a copy free upon application to the Office of Information, U. S. Department of Agriculture, Washington, D. C.

1.9
H 75 M

UNITED STATES DEPARTMENT OF AGRICULTURE
Washington, D. C.

LIBRARY
CURRENT SERIAL RECORD July 9, 1943

THE MARKET BASKET

JUL 19 1943

by

Bureau of Human Nutrition and Home Economics, Agricultural Research Administration

U. S. DEPARTMENT OF AGRICULTURE

(CORRECTION--In the Market Basket press story of July 5, "Tomatoes--from Vine to Jar," page 4, paragraph 2, first sentence should read: Put them--quartered--in a kettle and bring to a boil. That is, important to leave out "pour boiling water over them.")

TOMATO JUICE--POINT FREE

With a thought for her blue ration coupons and another for the new tomatoes forming in abundance on her Victory Garden vines, the homemaker may well add tomato juice canning to her summer activities.

For home-canned juice is point-free and leaves the ration coupons for other foods that cannot be put up in the home kitchen.

Tomato juice canning is easy and does not require a hard-working pressure canner. If you have no Victory Garden, you will still want tomatoes that are home-grown, that is, from a farm or garden nearby. Soft tomatoes, not firm enough for tomato canning and yet not overripe, make excellent juice.

Remove the stems and all green or bad spots. Cut the tomatoes into pieces and simmer until they are softened. Put them through a sieve. Add one teaspoon of salt to each quart if you wish.

If there is a baby in the house, keep in mind that unsalted tomato juice will fit into an infant's diet, and then decide whether to salt or not to salt.

Reheat the juice to boiling. Pour into hot jars or bottles immediately and leave one-quarter inch head space. Then seal the jars or bottles according to the type of jar top you have.

Now process in boiling water bath canner for fifteen minutes

You can use your tomato juice in many more ways if you do not add spice at the time of canning. Spices, moreover, tend to darken the juice and change the flavor over a period of time. So if you like your juice seasoned, home economists of the U. S. Department of Agriculture recommend that you add the spice at the time of serving.

THE UNIVERSITY OF CHICAGO

LIBRARY

1900

1900

1900

UNITED STATES DEPARTMENT OF AGRICULTURE
Washington, D. C.

July 10, 1943

THE MARKET BASKET

by

Bureau of Human Nutrition and Home Economics, Agricultural Research Administration

MORE WAYS THAN ONE TO SAVE A VICTORY GARDEN SURPLUS

Many Victory Gardeners will find that they have grown more vegetables than they need for summer meals, and unexpected riches of food are theirs to put up. Other gardeners have planned all along for double-duty yields, enough for summer and for winter stores.

When there is a surplus, veteran gardeners usually know the possibilities of saving it, but beginners may not. For the guidance of millions of beginning gardeners the U. S. Department of Agriculture offers these suggestions:

Don't forget: There are more ways than one to save a surplus.

Choose the method, or methods, that suit your situation. Then use reliable directions. You can write to the U. S. Department of Agriculture, Washington, D. C., for information on canning, drying, and storing; and in a few weeks the Department will have printed information on brining. Your State college of agriculture is another source of information on food preservation.

When selecting a method the most important point is to make good use of equipment and facilities you have.

If you have a steam pressure canner, by all means use it to can surplus snap beans and other garden vegetables except tomatoes. If you can contrive a simple boiling water bath canner from a deep pail or other sizable container with a rack and good lid, then you have the main equipment item needed for satisfactorily canning tomatoes and, also, fruits.

If you can't can, or want variety, there is a lengthening list of vegetables that may be successfully dried in a homemade or bought drier or in a gas or electric oven.

Don't overlook salting and brining. These time-tried ways have been recently retested and improved. And pickling, another old-time way to save food, provides flavor and zest in winter meals.

Store late vegetables, especially roots, if you have suitable storage space, indoors or out. Late cabbage, pumpkins, squash, potatoes, and root vegetables will keep through the late fall and winter if stored where temperature and the humidity or dryness are right for them.

Freezing is a particularly good way to preserve most of the garden crops, for those who have home freezing equipment or access to a frozen storage locker. Demand for locker space exceeds the supply now. If your locker space is limited, peas, corn, and lima beans are leading choices for freezing. Vegetables properly frozen and stored will keep a year or longer.

A good many of the garden vegetables can be put up in a variety of practical ways, but some ways suit some vegetables best. The following table lists the vegetables most likely to be available in surplus in Victory Gardens and suggests the most satisfactory and practical methods for preserving each:

BEANS

Green lima	Can in steam pressure canner.	—	—	—	Freeze
Green snap	Can in steam pressure canner.	Dry	Salt or brine	—	Freeze
Mature shell or lima	—	—	—	Dry on vine, store cool and dry.	

<u>BEETS</u>	Can fresh in steam pressure canner or Can pickled beets in boiling water bath.	Dry	Salt or brine	Store cool and humid.	Freeze
<u>CABBAGE</u>	Can, as sauerkraut, in boiling water bath.	---	Salt	Store cool (below 50° F.) and humid.	
<u>CARROTS</u>	---	Dry (in South)	Brine	Store (in North) cool and humid	---
<u>CORN</u>	Can in steam pressure canner	Dry	Salt	---	Freeze
<u>GREENS</u>	Can in steam pressure canner	Dry	Brine with vinegar	--	Freeze
<u>OKRA</u>	Can in steam pressure canner	Dry	---	---	---
<u>PARSNIPS</u>	---	---	---	Leave in ground or Store cold and fairly humid.	---
<u>PEAS</u>	Can in steam pressure canner.	Dry	--	---	Freeze
<u>POTATOES</u>	---	---	---	Store cool (below 50° F.) fairly humid.	---
<u>SQUASH</u>	---	---	---	Store warm (50° to 60° F.) and fairly dry.	---
<u>SWEETPOTATOES</u>	Can in steam pressure canner.	---	---	Store warm (55° to 60° F.) and fairly dry. *	---
<u>TOMATOES</u>	Can in boiling water bath.	---	---	---	---
<u>TURNIPS</u>	---	---	Salt	Store cool and humid.	---

UNITED STATES DEPARTMENT OF AGRICULTURE
Washington, D. C.

July 23, 1943

THE MARKET BASKET

by

Bureau of Human Nutrition and Home Economics, Agricultural Research Administration

Canning Problems--Questions and Answers

LIBRARY

CURRENT SERIAL RECORD

AUG 25 1943

Canning problems from homemakers all over the nation reach the Capitol City by way of the mails and are turned over daily to home economists of the U. S. Department of Agriculture.

Listen to the homemakers from Maine to California, from Seattle to Key West. Even if you're "from Missouri" you may find your own questions answered here:

"Why use hot pack?"

Q. Isn't it better to pack tomatoes cold to save more vitamin C instead of cooking them before putting them in jars?

A. Research in recent years indicates that the amount of vitamin C in tomatoes is about the same whether you pack them hot or cold. Canned either way, tomatoes are a good source of this vitamin. But heating tomatoes and packing hot into hot jars before canning has other advantages: It shrinks the food so that you get more into the jars and shortens time needed to process them. So the hot pack is in general the better pack.

"I want to can with sirup."

Q. What's the best way to use corn sirup and sorghum in canning fruit?

A. The flavor of sorghum is likely to cover up the delicate fruit flavor--so don't use sorghum. Corn sirup may replace one-third of the sugar in a recipe and not spoil either taste or texture.

Q. I have some old-fashioned open kettle cane sirup. Is it all right for sweetening fruits in canning?

A. No. Unrefined sirups, including cane sirup, may contain spoilage bacteria and for that reason are not recommended for canning. The same thing is true of brown sugar.

"No canning powders?"

Q. Will boric acid used as a canning powder help preserve canned vegetables?

A. On the contrary, bacteria such as botulinus will actually thrive in canned foods containing boric acid.

The Department of Agriculture does not recommend using any canning powders to aid in preserving food. Some of these chemicals may be more harmful than others, and remember, too, that some people may be more susceptible to a chemical than others. It is also true that small amounts might not be harmful but the cumulative effects bad.

Q. If the acid in fruits and tomatoes makes them easier to preserve, will it help to can peas with vinegar?

A. No. You'd have to use enough vinegar to pickle the peas. As you know, some vegetables such as beets and string beans are sometimes pickled in vinegar to preserve them. But vinegar in small amounts will not take the place of heating the food in jars a sufficiently long time at the correct temperature to kill the bacteria that cause food to spoil.

"We're moving."

Q. Is it safe to move canned foods long distances by car?

A. The constant jolting of a car or trailer is likely to loosen jar tops and allow spoilage organisms to enter. Heat may also have a harmful effect on the food. Certain bacteria or spores not destroyed in the canning process and inactive when foods are stored in a cool place will go to work as soon as the temperature rises.

Better pack your canned food carefully and have it shipped by express in cool weather. This way you will probably have little or no loss.

If you still have the cartons in which the jars were originally packed, use them, and pack the jars as carefully as any commercial canner would pack for shipping.

To guide homemakers, a new folder, "Wartime Canning of Fruits and Vegetables," has been issued by the Bureau of Human Nutrition and Home Economics. A free copy may be obtained from the Office of Information, U. S. Department of Agriculture, Washington, D. C.